Myo Malate is formulated to support individuals experiencing occasional fatigue, discomfort and tenderness in the joints, muscles and other soft tissues, a phenomenon commonly thought to be caused by low oxygenation. Studies have shown malic acid to increase oxygen levels within the body. These greater amounts of oxygen have also been associated with a sense of greater energy.[1] Research has found that individuals may benefit from extra magnesium, as magnesium depletion is common among those individuals with increased soft tissue soreness and tenderness. Two capsules of Myo Malate includes 50 mg of vitamin B6, 120 mg of highly-absorbed magnesium, and 1,200 mg malic acid.

Overview
Research has shown that the combination of soft tissue discomfort, tenderness, muscle tightness, insufficient sleep, and mood changes may be due to limited circulation in muscle cells, resulting in low levels of oxygen in the tissues. These muscle cells also appear to have dramatically reduced numbers of mitochondria and nuclei, which directly affects adenosine triphosphate (ATP) production. Myo Malate provides malic acid for enhancing oxygenation of tissues along with magnesium, one of the most crucial nutrients for ATP energy production, and muscle relaxation. Myo Malate has also been shown to help support aluminum detoxification by increasing urinary aluminum excretion.[2,3,4]

Malic Acid†
Malic acid, an organic substance found in fruits (particularly apples) and plants is involved in the production of energy in the body. It is part of the molecules involved in controlling mitochondrial energy production within cells. Malic acid also supports muscular stamina and endurance and is particularly supportive in helping remove aluminum from the body.[5,6] A study in animals given aluminum for five weeks found malic acid resulted in significant increases in the excretion of the metal and reduced the concentration of aluminum found in various organs and tissues.[2] Malic acid supplementation elevated mitochondrial malate and increased mitochondrial respiration and energy production.

Vitamin B6†
Vitamin B6 is a cofactor in many cellular biochemical reactions, including the release of glucose from glycogen and other primary metabolic reactions. Vitamin B6 is also involved in the electron transport system during ATP production, and supports the use of magnesium within the cell.[3] It is a key factor in methylation, a biochemical pathway integral for healthy detoxification, cardiovascular health, neurological health, muscle health, and bone health. Effective methylation also plays a major role in the biosynthesis and breakdown of catecholamines, helping to support a positive mood and a healthy stress response.

Directions
2 capsules two times per day or as recommended by your health care professional.

Does Not Contain
Gluten, corn, yeast, artificial colors and flavors.

Cautions
If you are pregnant or nursing, consult your physician before taking this product.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

CLINICAL APPLICATIONS
• Supports Optimal Energy Production
• Boosts Key Enzymes For ATP Synthesis
• Support’s the Body’s Detoxification of Aluminum

MUSCULOSKELETAL HEALTH
Supplement Facts

Serving Size 2 Capsules
Servings Per Container 90

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin B6 (as Pyridoxine Hydrochloride USP)</td>
<td>50 mg</td>
</tr>
<tr>
<td>Magnesium (as DiMagnesium Malate)</td>
<td>120 mg</td>
</tr>
<tr>
<td>Malic Acid (as Malic Acid, DiMagnesium Malate)</td>
<td>1.2 g</td>
</tr>
</tbody>
</table>

* Daily Value not established

ID# 503180 180 Capsules

References


7. Treatment of Fibromyalgia with Super Malic.


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